



THE MIND RESTS IN SELF – Satsang with Vishrant

Seeker: Hello

Vishrant: Hello

Seeker: Oh God, every time you look at me, I can't think.

Vishrant: You stay with the no thinking, that sounds like it's good. What an opportunity: Why wait till later? Why not Now? You go home and take two teaspoons of instant Enlightenment later ha! Why not Now? If you can't think, that's perfect man. (laughter)

Seeker: I'm not looking any more, I feel like I'm waiting.

Vishrant: Who's waiting?

Seeker: Yes I asked that question: Who is waiting? And, the mind's answer is, I'm just waiting for the next moment.

V: So that's the mind's answer. You're right; you got ripped off. (laughter) If we were to run 240 volts through you, you'd come into the moment very quickly. It's just Here, Now. The question isn't meant to be answered by the mind; it's meant to be left. So the experience of Self can happen, because the mind has stopped. So, you ask the question and don't answer it, don't let the mind answer it, just ask the question, stay blank. And Here and Now, What's Here? What's your experience of Self right in this moment?

Seeker: It's endless

Vishrant: Uh-uh, you've just accessed memory big-time. (laughter) What's Here right Now, in this moment? Take away the past, take away the future, no ideas, no beliefs, just Now, what's Here?

Seeker: There's Nothing.

Vishrant: Yeah, that's it. That is the answer. And this is the answer, always. Allow yourself to be this Nothing, and see what happens. I can tell you that it leads elsewhere, but that would bring up expectations, then the mind would be looking for elsewhere. You stay with the Nothing, stay with the Nothing; don't expect anything more than that. Any expectation is the mind being active, drop that. Be happy with the blank; see what happens. Otherwise we're gonna have to get the 240 volts out. (laughter) Yeah, shocks bring people into the moment: car accidents, being electrified, being bitten by a dog. Anything that shocks you, can bring you right Here. And some people get addicted to this: racing motorbikes, or speedboats, or hunting

sharks. Anything that's really dangerous will bring you to the moment, and you can be Here, but it's forced from outside. It's nice to be able to be Here, effortless, without any stress, just Here. This happens when the mind lays down of its own accord, and it will lay down if you keep enquiring, because the more you come back to this Self, the more the love affair with it develops. And after a while, it just pulls you in, and mind settles in it, rests in Self.

Seeker: Thankyou
